



Heritage Center

March/April 2016



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Services Offered

- Arts & Crafts
-
- Cultural Programs
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Lunch Program
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities

"Welcome and yes, you can sit there!" Director's Report by Susan H. Gregory

This is my yearly reminder to everyone that the tables and chairs at the Heritage Center are not reserved or owned by any one individual. If you have a favorite spot where you like to sit for lunch or a class, please make sure that you find somewhere else to sit if you arrive and your "normal" spot is taken. The fastest way to make a new person feel un-welcome and ensure that they won't come back again is to say "you can't sit there" or "you are sitting in MY spot." We have a wonderful reputation of friendly people; however, over the 30 years I have been working at the Center, this issue still comes up today. Just last week, someone came and asked me where they could sit because they were told they couldn't sit in a certain place because someone else always sits there. We have a large facility and a lot of room for everyone. Thank you for helping to make the newcomer feel welcome when they come to the Center. We are all creatures of habit and sometimes those habits are hard to break. Thanks for your understanding and for giving up your favorite seat. — *Susan*

St. Patrick's Day Celebration

Friday, March 11

11:30—Acadamh Rince Irish Dance School performs

12:00—Corned Beef and Cabbage Lunch served

Advance tickets needed. Reserve one spot or a table of 8.

Cost—\$6

See the article on page 11 for complete information



18-hole Golf Tournament Season Begins

General Meeting — Monday, March 28 at 10:30 AM

April 11 — Lakeside Golf Course

April 25 — ValleyView Scramble

May 9 — The Ridge

See the article on page 14 for more information



Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill
City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Becky Sanborn

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant—Amanda Hukabee
and Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes,
Volunteers-Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen,
Donna Gaydon, Ed Houston, Jenny
Martin, Erich Mille, Greg Waldron,
Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income guideline is \$15,889/year for an individual. Applications are available at the front desk or see the Center Director.

Chakra Meditation



Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts on **Monday, March 28 and runs through Monday, May 16** from **10:30-12:00**. The cost for this 8 week class is \$20 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. Register for this class now.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, March 29 or April 26** from **9:30-2:30**. Sign up at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. Make your check out to AARP and pay the day of class. They do not take Credit Cards. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.

Wednesday Painting: Oil & Watercolor

A new six-week session will begin on **Wednesday, April 6 from 9:00-12:00** and will run through **Wednesday, May 11**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Space is limited to 15. Registration begins on Mar 22.

Fifty Years in Polygamy: Big Secrets and Little White Lies



Kristyn Decker was born and raised in a polygamist home in Utah to a polygamist prophet, married into a polygamous relationship, and raised seven children to believe in polygamy. During this time, she taught school in the AUB private school her children attended. In 2003, she ended her 33-year marriage and left polygamy. A few years later, she met and married LeRoy Decker. She became president of the *Hope Organization* dedicated to assisting survivors of polygamous relationships. After publishing her first book, ***Fifty Years in Polygamy – Big Secrets and Little White Lies***, Decker founded the *Sound Choices Coalition* and has since spent numerous hours speaking about the realities of polygamy and to advocate for its victims.

Kristyn will talk about her book and experiences in polygamy on **Friday, April 1 at 10:30**. She will have copies of her book available for purchase. Join us for this informative presentation. You must register for this event; seating is limited.

Watercolors: "Here Comes Spring"

The next watercolor class will start **Monday, April 18 from 9:00-12:00** and run through **Monday, May 23**. John Fackrell will be teaching this watercolor class. The cost is **\$30**. You will learn composition and techniques for painting flowers in watercolors. The format will be larger than his previous classes (1/2 sheet 15"X22"). Each participant will need to bring their own watercolors, brushes, 1/2 sheet 300lb paper, and 2" wash brush. Experience with watercolors is necessary to get the most out of this class. Registration begins on April 5.

Clear Captions Class

On **Friday, April 15 at 10:30**, a representative from Clear Captions will be at the Center to educate everyone with hearing loss about the Clear Captions **Free** telephones with a built in ANSWERING MACHINE AND AMPLIFIED SPEAKER PHONE. Clear Captions is a federally funded telecommunications company which provides captioning telephones to anyone in the U.S. with any type of a hearing loss. The NEW Ensemble Phone helps bridge the gap between missing words while having a phone conversation. This phone will aid users in regaining their independence by improving communications and therefore giving them a healthier and happier lifestyle. Register now, this is a free class.

Look What I Made

Please join us on **Tuesday, March 8 at 2:00**, when we create a darling wooden bunny door hanger for Easter. We will meet again on **Tuesday, April 12 at 2:00** to paint a wood watering can door hanger. See the samples in the lobby display case. The cost is \$5 per class and all supplies are included. Register now for these classes. You will be able to finish the project and take it home the day of the class.

Back-Farms Program — March 9

On **Wednesday, March 9 at 10:30**, a representative from the Back-Farms program run by the Green Urban Lunch Box will offer a presentation at the Center. This program is available to senior citizens who are unable to garden for themselves and/or unable to pay for someone to care for their yard. Back-Farms builds and maintains gardens in the yards of seniors at no cost to them. In return for the use of their yards and water, participating seniors have the ability to watch their gardens flourish, receive twice weekly visits from Back-Farms staff and volunteers, and receive 1/3 of the produce grown in their gardens. By offering this program, Back-Farms is hoping to find new seniors in the Murray area who are interested in this alternative gardening. You will also learn about other programs offered by Back-Farms. Register now, this is a free class.

H.E.A.T.— Home Energy Assistance

A H.E.A.T. professional will be at the Center on **Wednesday, March 16 at 10:30** to help people complete applications for H.E.A.T. assistance. The H.E.A.T. program provides winter home heating assistance and year round energy crisis assistance for eligible low income households throughout Utah. You must re-apply for H.E.A.T. each year. Information on income guidelines and documents needed to complete the application are available at the front desk. This assistance is free, sign up now.

Hearing Screening — March 18

On **Friday, March 18 at 10:30**, representatives from Costco will be at the Center to provide Hearing Screenings. They will conduct some basic hearing screenings and give you feedback regarding your results. This is a great opportunity to gain an understanding of your hearing abilities, to learn ways of improving your hearing capabilities, and maybe enjoying your family and grandkids more. This is a free class, register now.

dōTERRA®

Essential Oils—Gift of the Earth

ROSEMARY MARTINEAU

Wellness Advocate

Phone: 801-599-1279

Call or Text for personal, private consultation

Web: www.mydoterra.com/findthemagicnow

Vital Aging — March & April

On **Tuesday, March 22 at 10:30**, we will present a new wellness class called: **Building Resilience**. One thing that all human beings have in common is that we all experience stress, conflict, hardships or times that get us down. There are many different ways we respond to these challenges. Some of us seem to rise about them; others get through them, but at some cost. Then there are still a lot of us who appear to have difficulty recovering from them. Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, April 26 at 10:30**, our wellness class will be: **How to Improve your Sleep**. Do you have difficulty falling asleep or languish through periods of wakefulness when trying to find sleep? Learn what you can do to prepare yourself for sleep, promote a comfortable environment more conducive to sleep, and improve your quality of sleep. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Senior Learning Network

Through the wonders of technology (video conferencing), the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. Join us on **Thursday, March 10 at 11:00** for **"100 Years of the National Parks"**, presented by the George Washington Carver Monument. 2016 is the 100th Anniversary Celebration of the National Park Service and this program will present historic pictures from various National Parks. Free, sign up now.

On **Thursday, April 14 at 1:00**, the Franklin D. Roosevelt Presidential Library will present **Eleanor Roosevelt: Her Life and Legacy**. Eleanor Roosevelt grew up as a shy, introverted young woman, but became the nation's most influential First Lady. She was a political partner to President Roosevelt during the Great Depression and World War II. She went on to have a career of her own at the United Nations where she served as a champion of civil and human rights around the world. Free, sign up now.

Finally on **Monday, April 25 at 12:00**, join us as we discuss **The Japanese-American Internment: Executive Order 9066**. This will be offered in two parts. First, the presentation, second, a trip to Topaz Museum in Delta. The trip to **Topaz will be on Tuesday, May 3 at 9:00** and the cost is **\$10**. A sack lunch will be provided. **The trip will be limited to the first 13 people to sign up for the presentation on April 25**. So check about the trip when signing up for the presentation. Sign up for the free presentation and the \$10 trip on Monday, April 4.

Learn More About Your Nutrition

On **Friday, March 25 at 10:30**, a representative from Jewish Family Services will be at the Center to discuss **Nutrition News and Food Assistance for Seniors**. She will also give shopping tips, meal planning tips, use of coupons, and nutritional advice. By attending this presentation you may gain some new nutrition and money saving ideas. You may not be aware that 60% of seniors who are eligible for Food Stamps are not receiving benefits. Do not pass up this opportunity to gain an insight about the benefits that are waiting for you. Register now, this class is free.

Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using. Individual Gadget and Computer Help is available on **Monday and Tuesday** for one hour and the cost is \$3. Sign-up and payment is needed in advance. Instructors can help with phones, readers, tablets, and computers.



Group Basic I Class: Learn basic skills in working with any Windows operating system, basic word processing skills, and saving to a thumb drive. Wednesday/Thursday 1:45-3:00, March 23, 24, 30, 31. Cost is \$10.

Help is here! The manager from the AT&T store at the Fashion Place Mall has agreed to send an employee to volunteer every Thursday from 11:00-12:00 to help people with phone and tablet questions. No charge, no reservation, just bring your phone or tablet and a question and they will try and help. Thank you AT&T.

Phone & Tablet Help Available

Every Thursday from 11:00-12:00

Bring your phone or tablet and come with questions. Thank you AT&T Volunteers

Spring Wellness Class

On **Tuesday, April 19, at 10:30**, join us for our second Essential Oils Wellness Class. Rosemary Martineau will host the class; Catherine Greene and Brenda Petra will be there to assist with teaching and with the breakout sessions. We will be discussing Mother Nature's solutions to various health and emotional issues. You will be exploring how pure Essential Oils may benefit to you. The class will be fun (door prizes), handouts (samples to smell and try), and perhaps life-changing experiences. We will have breakout groups with additional literature on the various oils and wellness products available. This is a free class, register now.

Volunteer of the Month—Mary Ann Houston

Mary Ann Houston has been serving as a volunteer for Bingo for the past six years. She loves calling Bingo games and more than one person has commented on her beautiful voice.

Mary Ann has found fulfillment and joy through her volunteer work for various church and community activities, especially for the various senior centers throughout the Valley advocating for the needs of seniors. Her honest sincerity in ensuring that the elderly receive assistance as needed, reflect in her dedication to all the elderly she encounters. She is considered by the elderly with whom she works to be the most gentle and patient of advocates. "Mary Ann is selfless in her commitment to her volunteer work and her generosity is appreciated—above all else she is loved," says her daughter Anna Marie Tueller.

Even throughout her career, Mary Ann chose a position serving the community. She retired from the Utah Department of Transportation after 31 years. She retired so that she could spend time with and provide care for her mother, who is now 93 years old. She and her mother now work together on various projects for non-profit organizations. Her decision to retire and take care of her mother started her on her new career as an advocate for the elderly.

Mary Ann was born in Salt Lake City to Harry and Mary Sutton, as the second of four children. After graduating from Skyline High School, Mary Ann continued her education and began a family of her own. She's devoted to her two children, four grandchildren, and two great-grandchildren. They are all proud of her community service.

Mary Ann sets a strong example to her family and the community. She truly represents what volunteerism is all about. She will be honored as the Heritage Center Volunteer of the Month on Wednesday, March 23 at 12:00.



It Couldn't Be Done by Edgar Guest

Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.

Volunteers Needed

The Heritage Center has over 80 regular volunteers who help with just about everything that goes on at the Center. If you are interested in volunteer, see any staff person to set up a volunteer interview. We are currently looking for the following helpers:

Computer Instructor—work one on one with others on computers, tablets, phones, cameras., etc See Susan if you would like to help.

Kitchen—dishwasher help is needed on Tuesdays from 12:00-1:30. Servers needed on Wednesday or Friday from 11:30-12:00. See Calli if interested.

Front Desk—answer phones, greet participants, and check people in on the computer. See April if interested.

Bus Driver—volunteer driver needed to join our volunteer driving team. Training and basic physical needed. See Susan or Wayne if interested.

Thank You
Volunteers

Barber Shop is Open—Expanded Services Coming



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is changing to **\$9 beginning April 1**. Only haircuts and trims are being offered at this time but we are hoping to add hair washing and style for \$14 starting as soon as we get a reclining chair. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, April 28 from 9:30–12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Memorial & Tribute Program

Make a gift in memory of a loved one or friend. Or make a gift as a living tribute in honor of someone you care about. Donate in their name to the Heritage Center. Forms available at the front desk.

The following honorary gifts were made last month:

*A donation by Ginny Duncan was given in honor of
"Queen" Kathleen Sorenson.*

Massage Therapy on Fridays

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist provides massage therapy on **Fridays from 11:45–3:45**. Schedule a half hour for \$18 or an hour for \$36. Payment is needed in advance and paid to the Heritage Center.

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at mcreg.com. You will need an email address to create an account. Go to mcreg.com and select "New Account." Once you have created your log in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person." If you have questions about the process or which programs allow on-line registration, check at the front desk.



Attorney Consultation

An attorney will be available for free 20-minute legal consultations on **Tuesday, March 8 or April 12 from 1:30–3:30**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure



Blood pressure screening is offered on the following days: **Thursday, March 3 or April 7**. All screenings are from 11:00–12:00.

Special thanks to Rite Aid for providing this service.

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Tuesday, March 15 or April 19 at 12:00**. Bring documents related to the issues and a volunteer from SHIP will help you out.

Transportation

Transportation is available for Murray residents on Wednesdays to and from the Center. The cost is \$2 for a round trip ride and pick up is between 10:00–10:45 and take home around 2:30 after bingo. Call one day in advance for a ride.

2016

Heritage

Center

Events

Heritage

Center



#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to

serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday		Tuesday	
		8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch / 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	1
9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Genealogy Class 1:00 Dance Lessons 1:00 Movie: Max 2:00 Strength Conditioning	7	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta / Natural History Trip 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts / 1:00 Computer Help 1:30 Attorney 2:00 Beginning Line Dancing 2:00 Wood Craft	8
9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Genealogy Class 1:00 Movie: Maze Runner 1:00 Dance Lessons 2:00 Strength Conditioning	14	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / Irish Storytelling 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	15
9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Genealogy Class 1:00 Movie: The Martian 1:00 Dance Lessons 2:00 Strength Conditioning	21	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	22
9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 No indoor Pickleball 10:30 Golf Meeting 10:30 Meditation 11:00 Bridge Lessons 12:30 Genealogy Class 12:30 Movie: Fantastic 4 2:00 Strength Conditioning	28	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing / AARP Driving 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	29

Wednesday		Thursday		Friday	
9:00 Painting	2	8:00 Pickleball Instruction	3	9:00 Zumba	4
9:15 Pinochle		8:30 Ceramics		10:00 Yoga	
10:00 Yoga		9:00 Stretch & Tone / Pickleball		11:15 Chair A'Robics	
10:30 Transportation		10:30 Tai Chi / 11:00 Blood Pressure		11:30-12:30 Lunch	
11:15 Chair A'Robics		11:00 Phone/Tablet Help		11:45 Massage	
11:30-12:30 Lunch/Birthday		11:30-12:30 Lunch		12:30 Reader's Theater	
12:30 Taxes		12:30 Exercise Help		12:45 Bingo	
12:30 Genealogy Class		12:45 Happy Hats		1:00 Bridge	
12:45 Bingo / 1:00 Bridge		2:00 Strength Conditioning			
		6:00 Aging Mastery / 7:00 Dance			
9:00 Painting	9	8:00 Pickleball Instruction	10	9:00 Zumba	11
9:15 Pinochle		8:30 Ceramics		10:00 Yoga	
10:00 Yoga		9:00 Stretch & Tone		11:15 No Chair A'Robics	
10:30 Transportation		9:00 Pickleball		11:30 Irish Dance Entertainment	
10:30 Back-Farm Presentation		10:30 Tai Chi / 11:00 SLN		11:45 Massage	
11:15 Chair A'Robics		11:00 Phone/Tablet Help		12:00 St. Patrick's Day Meal	
11:30-12:30 Lunch		11:30-12:30 Lunch		12:30 Reader's Theater	
12:30 Taxes		12:30 Exercise Help		12:45 Bingo	
12:30 Genealogy Class		2:00 Strength Conditioning		1:00 Bridge	
12:45 Bingo		3:30 Jam Session			
1:00 Bridge		6:00 Aging Mastery			
		7:00 Dance / UTE RC			
9:00 Painting	16	8:00 Pickleball Instruction	17	9:00 Zumba	18
9:15 Pinochle		8:30 Ceramics/ Wendover		10:00 Yoga	
10:00 Yoga		9:00 Stretch & Tone		10:30 Hearing Screening	
10:30 Transportation		9:00 Pickleball		11:15 Chair A'Robics	
10:30 H.E.A.T. Assistance		10:30 Tai Chi		11:30-12:30 Lunch	
11:15 Chair A'Robics		11:00 Phone/Tablet Help		11:45 Massage	
11:30-12:30 Lunch		11:30-12:30 Lunch		12:30 Reader's Theater	
12:30 Taxes		12:30 Exercise Help		12:45 Bingo	
12:30 Genealogy Class		12:45 Happy Hats		1:00 Bridge	
12:45 Bingo		2:00 Strength Conditioning			
1:00 Bridge		6:00 Aging Mastery			
		7:00 Dance			
9:00 Painting	23	8:00 Pickleball Instruction	24	9:00 Zumba	25
9:15 Pinochle		8:30 Ceramics		10:00 Yoga	
10:00 Yoga		9:00 Stretch & Tone		10:30 Nutrition Class	
11:30 Transportation		10:00 Serving Time Café Trip		11:15 Chair A'Robics	
11:15 Chair A'Robics		10:15 Pickleball / 10:30 Tai Chi		11:30-12:30 Lunch	
11:30-12:30 Lunch		11:00 Phone/Tablet Help		11:45 Massage	
12:30 Taxes		11:30-12:30 Lunch		12:30 Reader's Theater	
12:30 Genealogy Class		12:30 Exercise Help		12:45 Bingo	
12:45 Bingo / 1:00 Bridge		1:45 Basic Computer Class		1:00 Bridge	
1:45 Basic Computer Class		2:00 Strength Conditioning			
		6:00 Aging Mastery / 7:00 Dance			
9:00 Painting/ Tooele Breakfast	30	8:00 Pickleball Instruction	31		
9:15 Pinochle		8:30 Ceramics			
10:00 Yoga		9:00 Stretch & Tone			
10:30 NO Transportation		9:00 Pickleball			
11:15 Chair A'Robics		10:30 Tai Chi			
11:30-12:30 Lunch		11:00 Phone/Tablet Help			
12:30 Taxes		11:30-12:30 Lunch			
12:30 Genealogy Class		12:30 Exercise Help			
12:45 Bingo / 1:00 Bridge		1:45 Basic Computer Class			
1:45 Basic Computer Class		2:00 Strength Conditioning			
		6:00 Aging Mastery / 7:00 Dance			

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Birthday Wednesday — March 2 & April 6



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Pickleball—instruction Thursdays at 8:00 AM

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts if weather permits. If you are new to the sport, **instructional play** will take place every **Thursday** from **8:00 to 9:00**. Play at the Park Center in Murray Park every **Tuesday and Thursday from 8 am to noon**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25.



Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$2.00 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Due to a change in the discount structure, we will no longer be giving away Smith's Grocery gift certificates. We have a new agreement with Fresh Market.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings: **March 3 & 17 and April 7 & 21.**

Celebrate St. Patrick's Day

On **Friday, March 11 at 11:30**, you will be entertained by Acadamh Rince Irish Dance School (*pronounced "Aka-doveRink-ah"*) which means "Dance Academy" in the traditional Irish language. Lunch will be served at 12:00. A special St. Patrick's Day menu will include: Corned Beef and Cabbage, Potatoes, Dinner Roll, Green Velvet Cupcake or Fruit, and a Drink. The cost is **\$6** and advance payment and reservation is needed. For this special event you will be reserving the table where you sit so you can purchase one or all eight of the seats at the table.

Acadamh Rince Irish Dance School has been the leading Irish dance school in Utah since 2009. This school is located in Murray, and specializes in traditional Celtic solos and Ceili dancing.

Acadamh Rince is staffed with licensed instructors through CLRG in Ireland — the oldest and largest governing body of Irish dance in the world. Dancers train weekly with an esteemed team of local instructors in addition to annual workshops with 5 time world renowned instructors. Each of the instructors brings their diverse expertise to create a professional, safe and knowledgeable atmosphere for dancers in the studio looking for a fun extracurricular activity or training to become a top world level athlete. All dancers and instructor have a passion for Irish dance and you will see their pride when they perform for you. Sign up now.

An Irish Prayer

Those we love remain with us for love itself lives on, and cherished memories never fade because a loved one's gone.

Those we love can never more than a thought apart, for as long as there is memory, they'll live on in the heart.

-Anonymous



Reader's Theater on Friday

Join volunteer Kathryn McNeil in trying your hand at acting by joining the Heritage Center Reader's Theater. The easy thing about a Reader's Theater is it requires no sets, costumes, props, or memorized lines. Instead of acting out literature as in a play, the performer's goal is to read a script aloud effectively, enabling the audience to visualize the action. Performers bring the text alive by using voice, facial expressions, and some gestures. It will be up to the group if you choose to perform any of the stories you have fun learning in the class. The group meets on **Fridays at 12:30**. No acting experience necessary! Just an enthusiasm for fun and a willingness to try reading different roles in a story. Sign-up at the front desk.

The group will perform on Friday, April 1 (no foolin') at 12:30 just before bingo begins. Come and hear the hilarious story called "The Mystery Thing". A story about an amateur theatre group who is reluctantly reading through an improbable mystery play written by their director. The script has been badly typed by one of their members, and because there are not enough men actors, one of the parts is played by a woman in a ridiculous disguise. Come as enjoy this light hearted story.

Irish Storytelling — Ireland Style

The Center is pleased to bring back Irish Storytelling on **Tuesday, March 15 at 10:30**. Michael Donovan from Cashel County Tipperary and Jim Duignan from Dublin will be at the Center to delight you with their Storytelling skills. One never knows what these storytellers will come up with on the day of their presentation; Irish storytellers are famous for their wit and inventiveness. The extraordinary range of Irish stories comes from a folklore tradition more than 2,000 years old, which successfully blended Celtic, Christian, and English influences to create some of the most distinctive oral literature in all of Europe. They will entertain you with their stories and give you a sense of rich Irish history and lots of laughs. Register now, this is a free class.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

AARP Free Tax Assistance ends April 13

Volunteers from AARP will be providing free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service is available each **Wednesday through April 13 from 12:30 to 3:00**. Appointments are required and this year we have changed the registration process. We have opened the complete schedule for reservations anytime ; you pick your date. We ask you to please remember your appointment date and then make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

Newsletters



Newsletters are available at the front desk (1.00 donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Join us on Monday for Free Movie & Popcorn - Showtime is 1:00



March 7 - **Max** (2015) 111 minutes - Action/Sci-Fi

March 14 - **Maze Runner: The Scorch Trials** (2015) 132 minutes - Action/Adventure

March 21 - **The Martian** (2015) 144 minutes - Action/Drama

March 28 - **Fantastic 4** (2015) 100 minutes - Action/Adventure

April 4 - **Love The Coopers** (2015) 107 minutes - Comedy

April 11 - **Spectre** (2015) 148 minutes - Action/Adventure

April 18 - **The 33** (2015) 127 minutes - Biography/Drama

April 25 - **Concussion** (2015) 123minutes - Biography/Drama



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to smithsfoodanddrug.com and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING — \$2.00 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS — Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

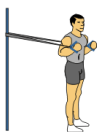
Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday at 12:30-2:00**. The cost is covered by your exercise room payment of \$1 per visit or \$5 per month or is free with Silver Sneakers. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as partici-

pants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-on-one-help, sign up for that service in the exercise room.



Have you tried the wall mount for resistance training? The U of U students will be available on Tuesday and Thursday to demonstrate how

to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost you \$10 per month after reimbursement. What a deal!

General Golf Meeting



The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, March 28 at 10:30** at which time the schedule will be reviewed and local rules for the season outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament.

Those players who have not participated in this league in the past, but may wish to participate this season, should come to the general meeting on March 28 for basic orientation.

Tournament play will commence on April 11 at Lakeside Golf Course (formerly West Bountiful). A tentative tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

Tentative 2016 Season Schedule:

4/11—9:00 Lakeside	8/1 — 8:00 Round Valley*
4/25—8:30 Valley View*	8/15—7:30 Davis
5/9 — 8:30 The Ridge	8/29—7:30 Talons Cove
5/23—8:00 Murray	9/12—8:00 Gladstan
6/13—7:30 Glenmoor	9/26—8:30 Meadowbrook
6/27—8:00 Wasatch	10/10—Year End Banquet
7/18—7:30 Rose Park	

*Scramble Tournament Format

One week notice is needed for a full refund on Trips. You may only register yourself and one guest. The bus fills up quickly because it is only a 13 passenger bus. So when possible, two trips are planned to accommodate more riders. ☺

More April Trips.....

Hill Aerospace & The Hive Winery Thursday, April 7 OR Tuesday, April 12

We will undertake this unique trip on **Thursday, April 7 OR Tuesday, April 12 at 10:00** to two diverse locations in northern Utah. Cost of this trip is **\$5** and sign-ups begin March 18.

Our first stop will be the Hill Aerospace Museum located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage program and first opened to the public in 1987 where military historical artifacts are on display. For lunch, we will travel to the Cracker Barrel in Layton where lunch will be on your own.

After lunch we will visit the Hive Winery, a small "boutique" winery specializing in premium "non-grape" fruit wines and honey wines (known as Meads and Melomels). The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available.

Tulip Festival at Thanksgiving Point Tuesday, April 26 OR Thursday, May 5



The Center bus will leave at **12:30** on **Tuesday, April 26 OR Thursday, May 5** and return about **3:30**. The cost is **\$14** and includes transportation and ticket. You can register for this trip beginning on April 8. This

trip involves a considerable amount of walking. There are carts you can rent for an additional charge at Thanksgiving Point. Renting carts would be left up to each individual to take care of, the Center has not made arrangements for carts.

Welcome spring and enjoy all the colors of the rainbow spread throughout nearly 100 different varieties of 250,000 tulips. The Tulip Festival at Thanksgiving Point is an awe-inspiring sight that is redesigned each year to create a new display. Mother Nature is in charge of the show.

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, March 17** and enjoy a day at the Rainbow Casino. Then put **Thursday, May 12** on your calendar to try your luck when we travel again to the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

Tooele Breakfast

Once again our Center bus will be headed to the Tooele Senior Center for the "2nd Best Breakfast in Utah." The bus will depart the Center at **9:00 on Wednesday, March 30** and return about noon. Cost is **\$6** for transportation and the breakfast. Sign ups begin March 11 for this always delicious trip.

Museum of Natural History: *Geckos Live!*

Tuesday, March 8 OR Thursday, April 14 at 11:00

The Center bus will leave **Tuesday, March 8** and again **Thursday, April 14** at **11:00** for the Utah Museum of Natural History to view **Geckos Live!** Cost for this trip is **\$15** and includes a sack lunch. Sign up now for these trip dates. The exhibit showcases live geckos from around the world and re-creates the species' natural environments. It also offers hands-on activities such as experiencing gecko night vision, listening to gecko voices and trying to spot camouflaged geckos. Geckos are adaptable and have conquered habitats from balmy tropical beaches and lush rain forests, to frigid mountain slopes and parched deserts.

Serving Time Café/Bingo

Thursday, March 24 OR April 21 at 10:00

Join us for lunch at the appropriately named **Serving Time/Hard Times Café** in Draper overlooking the Utah State Prison. At this popular destination for Senior Center trips, you never know who you will be eating lunch with! Choose from a fun list of prison-related menu items. Lunch will be on your own. The Café owner will conduct Bingo until he is "too hoarse to talk." The bus will depart the Center at **10:00 on Thursday, March 24** and again on **Thursday, April 21** (choose one day only) and travel to the Serving Time Café. Cost of the trip is **\$5** and sign-ups begin March 9.

Tuacahn June 13-16: *Peter Pan & Tarzan*

It might seem early to be thinking about summer plans but tickets need to be purchased and rooms reserved for the Heritage Center annual trip to Mesquite and Tuacahn. Clear your calendar and set

aside a few days to travel to southern Utah and Nevada to spend an evening at the Tuacahn Amphitheatre & Center for Performing Arts. The shows we will be seeing are **Peter Pan** and **Tarzan**. A chartered bus will depart from the Heritage Center on **Monday, June 13** and we will stay three nights at the CasaBlanca Hotel in Mesquite, Nevada. The trip will return on **Thursday, June 16**. The cost is **\$350** per person (double occupancy) and **\$425** (single room) and will include, lunch on the bus heading to Mesquite, a \$65 meal card at the CasaBlanca, two pre-show dinners at Tuacahn, and tickets to the musical plays. Sign up for this trip begins March 25 and seating is limited. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, May 6 at 4:00 PM**. Travelers may register for themselves and one other person.



Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$5 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In December and January, our sponsors were Vil-

lage Inn Murray & West Jordan, Chuck-A-Rama, Tony Summerhays, Cindy Jones, and Noreen Hansen.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **March 10 and April 14 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, March 10 and April 14** and be ready to Jam!



Evening Class—Aging Mastery—Light Dinner Served

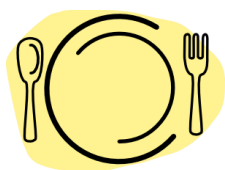
The Aging Mastery Program started on **Thursday, February 25** and is held on Thursday evenings from 6:00-7:30 PM. The 10-week course includes a light dinner and the cost is \$50 per person or \$90 for 2 people. If space is available, you can still sign up until **March 10**. Each week a different speaker presents information to help participants learn how to take an active part in their own aging. Topics include: Navigating Longer Lives, Sleep, Healthy Eating & Hydration, Medication Management, Financial Fitness, Exercise, Advance Planning, Healthy Relationships, Fall Prevention, and Community Engagement. Check at the front desk for class availability.

Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen on a Thursday evening.



Don't forget to **SCAN** your card or ask the front desk to "scan you in" if you don't have a card when you arrive at the Center. This tells us how many people are coming to the Center each day. We use this figure to help us see how we are doing. Are we increasing in numbers or decreasing in numbers? When are the busy days and what days should we add more activities? This number is helpful to the staff for planning purposes and to show how well we are doing. Thanks for scanning!



March 2016

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

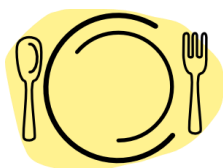
Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BACON CHEESE-BURGER SOUP Salad Roll Brownie Mallow Crunch Bar	2 ORANGE CHICKEN MEATBALLS Rice Veggie Birthday Cake & Ice Cream	3 CHICKEN FRIED STEAK Mashed Potatoes & Gravy Peas Almond Joy Cookie Bars	4 GREEN CHILE CHICKEN ENCHILADAS Green Salad Churros
7 No Lunch Served	8 GENERAL TSO'S CHICKEN Won Ton Chips Broccoli Red Velvet Cookies	9 KOREAN BEEF KABOB Potato Salad Fruit Macaroons	10 CRISPY CHEDDAR CHICKEN Ranch Pasta Salad Caramel Chocolate Chip Cookie	11 *ST. PATRICK'S LUNCH — \$6 Corned Beef and Cabbage, Potatoes Dinner Roll, Green Velvet Cupcake or Fruit, Drink
14 No Lunch Served	15 BEEF STROGANOFF Noodles, Veggie Peanut Butter Cheesecake Brownie	16 POPPYSEED CHICKEN CASSEROLE Rice Mixed Veg Strawberry Icebox Cake	17 BARBACOA SALAD Rice & Beans Raspberry Ribbon Salad	18 LEMON DILL SALMON Baked Potato Broccoli Butter Cookie
21 No Lunch Served	22 CREAMY CHICKEN TAQUITOS Cilantro Salad Fruit Blueberry Lemon Cake	23 FIRE HOUSE BURGER Oven Fries Fruit Cookie Dough Brownie	24 CHICKEN CURRY Rice, Squash Butter Beer Cupcake	25 MEATBALL PARMIGIANA Pasta Salad Double Chocolate Cupcakes
28 No Lunch Served	29 BURBON PORK Rice Veggies Carrot Cake	30 CASHEW CHICKEN Fried Rice Veggies Chocolate Chip Cookie	31 CARNE ASADA TACOS Salad Banana Bread Oat Bars	



April 2016

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHICKEN & BISCUITS Salad Apple Toffee Blondie
4 No Lunch Served	5 SHRIMP ALFREDO Pasta Salad Breadstick Tiramisu	6 TUSCAN PORK CHOP Roasted Potatoes Broccoli Birthday Cake & Ice Cream	7 CHICKEN NOODLE SOUP ½ Sandwich Fruit Mint Brownie	8 STUFFED BELL PEPPERS Green Salad Brown Sugar Cookie
11 No Lunch Served	12 PHILLY CHEESESTEAK Chips Fruit Spicy Ginger Cookie	13 BRUSCHETTA CHICKEN Parmesan Potatoes Roasted Veggies Lemon Bars	14 PORK TACOS Slaw Caramel Pecan Brownie	15 CITRUS TILAPIA Rice Pilaf Veggie Double Chocolate Chip Cookie
18 No Lunch Served	19 POT ROAST Mashed Potatoes & Gravy Veggie Texas Sheet Cake	20 GYRO Lemon Rice Greek Salad Coconut Pecan Cookie	21 SPICED HONEY CHICKEN Potato Casserole Veggie Scotcheroos	22 VIETNAMESE BEEF NOODLES Slaw Butter Cookie
25 No Lunch Served	26 THAI PORK MEATBALLS Rice Veggie Apple Cobbler	27 LEMON DILL CHICKEN Baked Potato Asparagus Butterscotch Cereal Bars	28 MEATLOAF Mashed Potatoes & Gravy Green Beans Cookie Dough Cupcakes	29 CILANTRO LIME CHICKEN Pasta Broccoli Candy Apple Granola Bars